



SENIORS' CENTRE
WITHOUT WALLS

WINTER/SPRING 2019 PROGRAMMING



Art by Mary Whale

PrimaryCare
Network
EDMONTON SOUTHSIDE

NEW PROGRAMMING HIGHLIGHTS

**Introduction to our New Phone System – January 9th
@11am/2pm**

Toll Free Number: 1-855-703-8985

Meeting ID: 225.573.6467

WE HAVE A NEW NUMBER! We've switch to a new phone system to grow our program, offering new features and ways to enjoy our content.

Meet your Neighbours – First Coffee Chat of Each Month

An opportunity for those who are new to the program to chat with some of the SCWW veterans ask questions and learn more about the program.

COPD Wellness – Starts Monday, January 7 at 10am and takes place every Monday and Wednesday for 8-weeks, 90-minute sessions.

The COPD Wellness Program is a group for anyone who has barriers attending a pulmonary rehab program, or who has attended a workshop in the past and would like a refresher. A Respiratory Therapist will lead the program providing COPD education including breathing management, tips on conserving energy, managing respiratory infections, environmental factors, mood management and much more.

Exciting Speakers:

The Storyteller – January 28th @11am/February 25th @11am Join Mary Ann Lippiatt professional storyteller as she introduces the tradition of oral storytelling and shares a performance with us.

Wolves to Yellowstone – February 11th @11am

Presented by Dr. Mark Boyce by University of Alberta, who will share the challenges & success of this fascinating project.

Roads to Canada – March 7th @11am/April 4th @11am

Meet the people behind the headlines and hear their immigration stories.

SUPPORT GROUPS

After the Stroke –
Third Thursday of
Every Month @1pm

COPD – Every
other Tuesday
@11am

Caregivers – Last
Monday of Every
Month @7pm

Edmonton LGBT+
Pride Seniors – First
Wednesday of
Every Month @4pm

Grief – First
Thursday of Every
Month @3pm

Men's Group –
March 21st @11am,
April 18th @11am



SENIORS' CENTRE WITHOUT WALLS

January - April 2019 Program Schedule

Are you someone who ...

- Finds it hard to leave home for extended periods of time?
- Would like to stay socially connected and enjoys talking to people?
- Would like to participate in fun activities and/or educational, health and wellness programs?

Now you can do this from the comfort of your own home with the Seniors' Centre Without Walls (SCWW)!

What is the Seniors' Centre Without Walls (SCWW)?

SCWW is a free telephone program that offers recreational activities, health and well-being topics as well as friendly conversation for older adults. **All programming is provided over the phone.**

Who is SCWW for?

Older adults (55+) who find it difficult to go to regular community centres or programming in person.

How does the SCWW Work?

1. You may register for programs anytime during the term.
2. You will be mailed a letter with the toll-free number **1.855.703.8985** to call into along with a Meeting ID: **225.573.6467# (CALLSENIOR)**
3. You will be mailed any materials related to a program such as pictures and presentation handouts.
4. A few minutes before a program starts, you call into the toll-free line and enter the program code and press the pound (#) key. Press the pound (#) key again. You will then be joined into the call.



What if I can't call myself into a program?
If you are unable to call into a program, we can call you into the line. **A few minutes before your scheduled program, your phone will ring and you will be asked to press 1 to join the call.**

What if I have vision loss?

Very few of our programs require reading materials. Please let us know if you require larger print monthly calendars.

How many programs can I register for?

You may register for as many as you wish! We do ask that you be realistic in what you plan on attending and let us know as soon as possible if you cannot attend.

When does registration begin?

You may register as soon as you receive your guide. You may also register anytime during the term.

How do I register?

Please contact Edmonton Southside Primary Care Network to register:

Phone: 780.395.2626 (press 0)

E-mail: gayle.harper@espcn.ca



RESPECTFUL CONDUCT POLICY

Senior Centre Without Walls promotes an environment that values:

- Positive communication
- Courteous conduct
- Diversity and the human rights of others related to their national or ethnic origin, religion, age, gender identity, marital status, family status, economic status, any physical or mental disability & sexual orientation
- Mutual respect, fairness and equality

GROUP ETIQUETTE

- Please allow the facilitator to guide and direct the group
- Please respect all group members and their opinions even if you do not necessarily agree with them
- No disrespectful comments allowed
- Allow every participant to contribute and do not dominate the conversation
- If you have an issue with a group member, please contact SCWW



Presentation Series

HEALTH & WELLNESS

After the Stroke Support Group: After stroke, many people are looking for help. Connecting with other stroke survivors and caregivers is vital to learn more about stroke recovery options and to share the experience of recovery from stroke.

Due to popularity we have split our Brain Games into 3 programs, by level of difficulty:

1. **Memory Practice:** For those experiencing some memory issues who want an opportunity to engage in activities that will stimulate cognitive resilience and create a brain fitness routine, in a lower pressure environment. Those living with dementia welcome and encouraged to participate.
2. **Brain Games:** Call in for an hour of mind tingling fun! Try some word games and mental exercises with us to challenge your brain with our Recreation Therapists.
3. **Mind Challenge:** Ready for the next level of our brain games? Research shows that exercising our brain has many benefits, including: improves concentration, boosts brain activity and enhances memory and processing speed.

Caregivers Support Group: In conjunction with Caregivers Alberta, we will be offering support for caregivers within their own home. Topics will range from education, to support and a chance to share your experience and seek advice. Upon registration we will give *special directions on how to participate by phone*.

COPD Support Group: This group is for people with chronic lung disease and their caregivers. Participating with this group will help you learn how to cope with lung disease, manage your lung health and improve your quality of life.

COPD Wellness: This program is delivered over the phone and provides COPD-specific education and exercise following the “Living Well With COPD” program. It is a great opportunity for anyone with COPD who has barriers to attending a pulmonary rehab program in person. It is also open to those who have previously attended a pulmonary rehab program and would like a refresher.

Edmonton Pride Seniors: For older people who identify as LGBTQ2S, or are concerned about their welfare and working towards creating inclusive spaces and affirming care.

Grief Support Group: In a culture that often avoids talking about loss, support groups give you the opportunity to share your story openly and guilt-free. You also have the opportunity to hear the stories of others and talk about coping day-to-day, as well as on the most difficult days of our grief journeys.

Home Exercise Support Group (30 Minutes): Do you find it difficult to exercise or may not know where to begin? Join a trained exercise specialist every other week to discuss any difficulties, practice a series of simple home exercises, and get tips and tricks on staying fit.

Seated Exercise Support Group (30 Minutes): Do you find it difficult to complete exercises due to balance and mobility issues? These sessions will focus on movements and stretches

that can be done seated in a chair and will focus on upper body strength.

Meditation Series (30 Minutes): Over time, stress can affect your physical and mental health. Join us for our sessions to learn more about practical stress-reducing exercises, relaxation techniques with PCN team support, and guided imagery with music. With a different topic each week, practice a variety of skills to use in your everyday life.

The Parkinson's Society: Parkinson's is a complex brain disease and everyone's Parkinson's journey is different. Learning about the disease and what you can expect goes a long way to making your journey more manageable and helping you and your family to live well with Parkinson's.

Wellspring Edmonton: Learn more about community-based support centre offering non-medical supportive programs and services that meet the emotional, social, practical and restorative needs of people living with cancer and those who care for them. All programs, services & resources are offered free of charge and without a referral.

Working through Grief: It's devastating when someone you love passes away, whether it's a family member, a friend, or even a family pet. Understanding the emotions of grief may help you see that there's light at the end of the tunnel, and that there are things you can do to work through your feelings.

and actively supports the well-being of seniors and their activities working to ensure seniors are respected and engaged, participating, and contributing to their communities.

Aging in Place: Planning to continue living in your home at 70 or 80 years of age or older? This can involve decluttering to make room for hobbies, reorganizing what you own or reconfiguring your home to meet new physical limitations and improve your safety and security. Or are you ready to start dealing with those shoeboxes of photos and years of accumulated paper? We will share proven methods that work to cut the clutter!

Combatting Ageism: In a society that values youth above age, it's all too easy to accept a defeatist view about getting older. The way that people treat you as you get older doesn't merely reflect the aging of your face and body; it also influences the way you actually age. Join in the discussion of how to age better and building an environment which you don't have to buy into ageism.

Creative Writing Group: Are you working on a piece of literature, memoir or poetry? We have many talented writers and aspiring authors within our participant groups! Join others for advice, workshopping new pieces, and exploring new ideas with your own writing. All styles are welcome.

English Practice Groups: For older adult newcomers to practice their English speaking and listening skills. Connect with people at beginner & intermediate levels by engaging in fun activities and group discussions.

Age Friendly Edmonton: Learn more about this initiative to build a city that values, respects

SKILL BUILDING

Intro to New Phone System: We've switch to a new phone system to grow our program, offering new features and ways to enjoy our content. Join us to get to know the new number and familiarize yourself.

Meet your Neighbours: New to the program? We will help you get familiar with SCWW. Are you a SCWW veteran? Help us welcome our new participants and share some of your ideas about how to easily manage the schedule.

Moving Forward - Downsizing Tips for Seniors: Join a real estate expert to discover solutions to the downsizing and moving concerns facing the multi-generational families of today. Hot topics may include: Staging to sell, Choosing the right renovations that generate the best investment return, Estate planning, Decluttering and organization, and Financial planning.

Seniors Centre Without Walls Advisory Group: Are you enjoying our programming? Do you have an idea for what else you may like to see? Help us make our program better by giving your opinion on new ideas, programs and issues. We would love to have this discussion with you!

Staying Safe in Your Home: Our communities are integral to our lives and everyone wasn't to keep crime out of our neighbourhoods. Protecting their home and property is important to most of the residents of Edmonton. Join a community safety representative to learn some tips to help seniors keep themselves safe and well in their home and communities.

TELUS Wise: Join a TELUS representative who helps Canadian seniors who are already using

the Internet and want to learn more about participating in our digital society safely.

JUST FOR FUN

Across the Miles: Join participants from Without Walls programs in Ontario, Manitoba, Texas, New York and California for an interactive discussion.

BINGO: Skip the BINGO hall and have all the fun and excitement at home. Four BINGO sheets for each person, four chances for a lucky win.

Biographies: Join us for a deeper dive into the lives and accomplishments of influential folks in modern history.

Book Lovers Discussion Group: Do you love nothing better than having your nose in a good book? Join other book lovers to discuss new literature, find out what others are reading and to discuss our favourite books. This series is for active and avid readers.

Canadian Connections: Join us as we celebrate with SCWW participants from Manitoba and Ottawa for another Cross-Country Canada Day Celebration! Tune in for this great opportunity to share experiences, memories and for lively conversations on all manner of things.

Coffee Chats: Prepare a snack and a warm beverage and join other SCWW participants each month to talk about anything and everything! Participants will be grouped by topic so please let us know which group you would like to join: Sports, Getting to Know You, or Recipes/Cooking.

Did you Know? ... The oldest existing letter in the English alphabet is O? Find out more fascinating facts every Monday afternoon! Our talented local librarians have worked hard and scoured many books to bring you fun and informative presentations on topics you may not know about. As well we will listen to and discuss TED Talks from experts on science, tech, creativity, and more. Topics this series will include Chinese New Year, Celtic Music Cèilidh and more!

Edmonton's Formidable Women: In honour of International Women's Day, join Kathryn Ivany City of Edmonton's archivist. She will highlight the fabulous women who were significant to the development of early Edmonton, as advocates, suffragettes and businesswomen.

Jen Kish Canadian Grit on the Pitch: Edmontonian and one of the best female Rugby players in the world, Jen Kish was the captain on the team that recently won Bronze at the 2016 Rio Summer Olympics. Jen discussed leadership in sport, diversity and inclusion, and inspiring young athletes to take to the pitch.

Men's Group: We're looking for a few good men. Join in the conversation, to discuss and suggest topics of interest to men.

Read Aloud Book Club: Join us to listen to & enjoy different short stories from a variety of genres each month.

Recipe Club: Do you know how to poach the perfect egg? Have the ideal chocolate cake recipe? What about healthier versions of your

favourite comfort food? Join in to share and to make your life in the kitchen easier!

Roads to Canada: Canada is a nation composed mostly of immigrants. If you're not indigenous, then you or your family originally came here from another country. Some fled war or poverty, others just wanted more lucrative jobs. All sought a better life. Meet the people behind the headlines and hear their stories.

The Storyteller: Join Mary Ann Lippiatt professional storyteller as she introduces the tradition of oral storytelling and shares some of stories. Since 1991, Mary Ann's animated storytelling has engaged intergenerational audiences in venues in Alberta, Alaska, Australia, and England.

The Theatre Hour: Join us to relive the golden years of radio entertainment, find modern & classic recordings of crime, comedy and drama, and try your own hand at the art of the radio play.

Wolves to Yellowstone: Although wolf packs once roamed from the Arctic tundra to Mexico, loss of habitat and extermination programs led to their demise throughout most of the United States by early in the 1900s. From 1995 to 1997, 41 wild wolves from Canada and northwest Montana were released in Yellowstone National Park. Presented by Dr. Mark Boyce by University of Alberta, Dr Boyce will share the challenges & success of this fascinating project.

January

Monday	Tuesday	Wednesday	Thursday	Friday
31 – 1pm New Years Eve Celebration	Registration Week			
7 – 10am COPD Wellness	8	9 – 10am COPD Wellness 11am/2pm Intro to New Phone System 4pm Edmonton Pride Seniors	10 - 11am The Theatre Hour 3pm – Grief Support Group	11 – 1pm Read Aloud Short Stories
14 – 10am COPD Wellness 3pm Did You Know?	15 – 10am Home Exercise Support 11am COPD Support Group 2pm Meditation Series	16 – 10am COPD Wellness 11am Coffee Chats 2pm Book Lovers	17 – 11am Memory Practice 1pm Brain Games 3pm Mind Challenge	18 – 1pm Recipe Club
21 – 10am COPD Wellness 1pm English Practice 3pm Did You Know?	22 – 10am Meditation Series 2pm Seated Exercise	23 – 10am COPD Wellness 11am Coffee Chats 2pm Creative Writing Group	24 – 11am Parkinson’s Society 1pm After the Stroke Support Group 3pm Working through Grief	25 – 1pm BINGO
28 - 10am COPD Wellness 11am The Storyteller 1pm English Practice 7pm Caregiver Support Group	29 – 10am Home Exercise Support 11am COPD Support Group 2pm Meditation Series	30 – 10am COPD Wellness 11am Coffee Chats 1:30pm Across the Miles	31 - 11am Memory Practice 1pm Brain Games 2pm Mind Challenge	

February

Monday	Tuesday	Wednesday	Thursday	Friday
				1 – 1pm Read Aloud Short Stories
4 - 10am COPD Wellness 1pm English Practice 3pm Did you Know?	5 - 10am Meditation Series 2pm Seated Exercise Support	6 - 10am COPD Wellness 11am Meet your Neighbours 2pm Biographies 4pm Edmonton Pride Seniors	7 - 11am Age Friendly Edmonton 1pm The Theatre Hour 3pm Grief Support Group	8 - 1pm Recipe Club
11 - 10am COPD Wellness 11am Wolves to Yellowstone 1pm English Practice	12 - 10am Home Exercise Support 11am COPD Support Group 2pm Meditation Series	13 - 10am COPD Wellness 11am Coffee Chats 2pm Book Lovers	14 - 11am Memory Practice 1pm Brain Games 3pm Mind Challenge	15 - 1pm BINGO
18 - HOLIDAY	19 - 10am Meditation Series 2pm Seated Exercise Support	20 - 11am Coffee Chats 2pm Creative Writing	21 - 11am TELUS Wise 1pm After the Stroke 3pm Working through Grief	22 – 1pm Staying Safe in Your Home
25 - 10am COPD Wellness 11am The Storyteller 7pm Caregiver Support Group	26 - 10am Home Exercise Support 11am COPD Support Group 2pm Meditation Series	27 - 10am COPD Wellness 11am Coffee Chats 2pm Jen Kish Canadian Grit on the Pitch	28 - 11am Memory Practice 1pm Brain Games 3pm Mind Challenge	

March				
Monday	Tuesday	Wednesday	Thursday	Friday
				1 – 1pm Read Aloud Short Stories
4 - 11am Edmonton's Formidable Women 1pm English Practice 3pm Combatting Ageism	5 - 10am Meditation Series 2pm Seated Exercise Support	6 - 11am Meet your Neighbours 2pm Biographies 4pm Edmonton Pride Seniors	7 - 11am Roads to Canada 1pm Aging in Place 3pm Grief Support Group	8 - 1pm Recipe Club
11 - 1pm English Practice 3pm Did You Know?	12 - 10am Home Exercise Support 11am COPD Support 2pm Meditation Series	13 - 11am Coffee Chats 2pm Book Lovers	14 - 11am Memory Practice 1pm Brain Games 3pm Mind Challenge	15 - 1pm BINGO
18 - 1pm English Practice 3pm Did You Know?	19 - 10am Meditation Series 2pm Seated Exercise Support	20 - 11am Coffee Chats 2pm Creative Writing	21 - 11am Men's Group 1pm After the Stroke Support Group 3pm Working through Grief	22 - 12:30pm Canadian Connections
25 - 1pm English Practice 3pm Did you Know? 7pm Caregiver Support Group	26 - 10am Home Exercise Support 11am COPD Support 2pm Meditation Series	27 - 11am Coffee Chats 2pm SCWW Advisory Group	28 - 11am Memory Practice 1pm Brain Games 3pm Mind Challenge	29 - 1pm Wellspring Edmonton

<h1>April</h1>				
Monday	Tuesday	Wednesday	Thursday	Friday
1 - 1pm English Practice 3pm Did You Know?	2 - 10am Meditation Series 2pm Seated Exercise Support	3 - 11am Meet your Neighbours 2pm Biographies 4pm Edmonton Pride Seniors	4 - 11am Roads to Canada 1pm The Theatre Hour 3pm Grief Support Group	5 - 1pm Read Aloud
8 - 1pm English Practice 3pm Did You Know?	9 - 10am Home Exercise Support 11am COPD Support 2pm Meditation Series	10 - 11am Coffee Chats 2pm Book Lovers	11 - 11am Memory Practice 1pm Brain Games 3pm Mind Challenge	12 - 1pm Recipe Club
15 - 1pm English Practice 3pm Did you Know?	16 - 10am Meditation Series 2pm Seated Exercise Support	17 - 11am Coffee Chats 2pm Creative Writing	18 - 11am Men's Group 1pm After the Stroke Support Group 3pm Working through Grief	19 - HOLIDAY
22 - 1pm English Practice 3pm Did You Know? 7pm Caregiver Support Group	23 - 10am Home Exercise Support 11am COPD Support 2pm Meditation Series	24 - 11am Coffee Chats 2pm Moving Forward - Downsizing Tips for Seniors	25 - 11am Memory Practice 1pm Brain Games 3pm Mind Challenge	26 - 1pm BINGO